

Amendment to the Claims:

This listing of claims will replace all versions, and listings, of claims in the application.

Listing of Claims:

1. (Previously Amended) A physical resistance training apparatus comprising:
means adapted for receiving a ~~controllable~~ non-compressible pressurized flow of fluid having a selectable flow rate associated therewith;
outlet means adapted for discharging the pressurized flow of fluid in a selectable direction so as to generate a force in a direction opposite the direction of the flow of fluid;
~~means, responsive to the flow of the fluid, adapted for generating a force along at least one of a plurality of selected directions; and~~
directing means adapted for directing the flow of the fluid from the receiving means to the outlet means; and
means adapted for transferring the generated force ~~to a user of~~ from the apparatus to an associated user, wherein the transferred force is adapted to supply physical resistance training to the associated user.
2. (Canceled)
3. (Previously Amended) The apparatus of claim[[2]]1 further comprising a rate interface adapted to enable the selection of the rate of discharge of the fluid.
4. (Original) The apparatus of claim 3, wherein the rate interface is adapted to be controlled by at least one of the user of the apparatus, a person assisting the user in the user's use of the apparatus, and an electronic device adapted to automatically control the rate interface.

5. (Previously Amended) The apparatus of claim[[2]]¹ further comprising a direction interface adapted to enable the selection of the direction of the discharge of the fluid.

6. (Original) The apparatus of claim 5, wherein the direction interface is adapted to be controlled by at least one of the user of the apparatus, a person assisting the user in the user's use of the apparatus, and an electronic device adapted to automatically control the rate interface.

7. (Original) The apparatus of claim 1, wherein the apparatus further comprises a source of pressurized fluid.

8. (Original) The apparatus of claim 1, wherein the means adapted for transferring the force to the user comprises a user interface adapted for interfacing with at least one of a plurality of parts of a body of the user.

9. (Original) The apparatus of claim 8, wherein the user interface is adapted to interface with at least one of the user's head, foot, feet, hand, hands, arm, arms, leg, legs and torso.

10. (Original) The apparatus of claim 1, wherein the apparatus is adapted to be moveable along at least one axis.

11. (Withdrawn) A method for physical resistance training adapted to be performed with a physical resistance training apparatus, wherein the method comprises the steps of:

receiving, in a physical resistance training apparatus, a controllable pressurized flow of a liquid;

generating, in response to the pressurized flow of the liquid, a force along at least one of a plurality of selected directions; and

transferring the force to a user of the apparatus, wherein the transferred force is adapted to supply physical resistance training to the user.

12. (Withdrawn) The method of claim 11, wherein the step of generating the force comprises the steps of receiving the pressurized flow of the liquid, discharging the fluid

at a selected rate, and discharging the fluid along at least one of a plurality selected directions.

13. (Withdrawn) The method of claim 12, wherein the rate of discharge of the fluid is controlled by a rate interface adapted to enable the selection of the rate of discharge of the fluid.

14. (Withdrawn) The method of claim 13, further comprising the step of controlling the rate interface by at least one of the user of the apparatus, a person assisting the user in the user's use of the apparatus, and an electronic device adapted to automatically control the rate interface.

15. (Withdrawn) The method of claim 12, wherein the direction of the discharge of the fluid is controlled by a direction interface adapted to enable the selection of the direction of the discharge of the fluid.

16. (Withdrawn) The method of claim 15, further comprising the step of controlling the direction interface by at least one of the user of the apparatus, a person assisting the user in the user's use of the apparatus, and an electronic device adapted to automatically control the rate interface.

17. (Withdrawn) The method of claim 11 further comprising the step of transferring the force to at least one of a plurality of parts of a body of the user.

18. (Withdrawn) The method of claim 11 further comprising the step of moving the apparatus along at least one axis.

19. (Withdrawn) An apparatus for physical fitness training comprising:
- a fluid propulsion system having a fluid discharge opening;
 - a user engaging mechanism secured to the propulsion system;
 - means adapted for delivering fluid through the fluid discharge opening in the propulsion system such that a stream of fluid is discharged from the propulsion system and the propulsion system thereby exerts a reaction force on the user engaging mechanism; and
 - means adapted for controlling the reaction force applied by the propulsion system to the user engaging mechanism.
20. (Withdrawn) The apparatus of Claim 19, wherein the means adapted for controlling the reaction force comprises means adapted for altering a direction along which the fluid is discharged relative to the user engaging mechanism.
21. (Withdrawn) The apparatus of Claim 20, wherein the means adapted for altering the direction the fluid is discharged comprises means adapted for rotating the propulsion system relative to the user engaging mechanism.
22. (Withdrawn) The apparatus of Claim 19, wherein the means adapted for controlling the reaction force comprises means adapted for changing a rate at which fluid is discharged from the propulsion system.
23. (Withdrawn) The apparatus of Claim 22, wherein the means adapted for controlling the reaction force further comprises means adapted for changing a direction along which the fluid is discharged relative to the user engaging mechanism.
24. (Withdrawn) The apparatus of Claim 23, wherein the means adapted for changing the direction the fluid is discharged comprises means adapted for rotating the propulsion system relative to the user engaging mechanism.

25. (Withdrawn) A method for physical fitness training comprising the steps of:

delivering fluid through a fluid discharge opening in a propulsion system having a user engaging mechanism secured relative to the propulsion system, such that a stream of fluid is discharged from the propulsion system and the propulsion system exerts a reaction force on the user engaging mechanism; and

controlling the reaction force applied by the propulsion system to the user engaging mechanism.

26. (Withdrawn) The method of Claim 25 further including the step of changing a direction along which fluid is discharged from the propulsion system relative to the user engaging mechanism.

27. (Withdrawn) The method of Claim 26, further comprising the step of rotating the propulsion system relative to the user engaging mechanism.

28. (Withdrawn) The method of Claim 25 further comprising the step of changing a rate at which fluid is discharged from the propulsion system.

29. (Withdrawn) The method of Claim 28 further comprising the step of altering a direction along which the fluid is discharged relative to the user engaging mechanism.

30. (Withdrawn) The method of Claim 29 further comprising the step of rotating the propulsion system relative to the user engaging mechanism.

31. (Previously Added) The apparatus of claim 1, wherein the outlet means further comprises jet nozzle means adapted for narrowing the outlet so as to increase the pressure of the fluid during the discharge thereof.

32. (New) An athletic training device, comprising:

a pressurizer having an input and an output, said pressurizer increasing the pressure on a fluid after said fluid flows into said input, said high pressure fluid flowing out of the pressurizer's output;

an interface unit having a fluid flow input and output such that the interface transfers a rapid reaction force to be manipulated by a counterforce exerted by a portion of an athlete's body,

said interface receiving a high pressure fluid at its input from the output of the pressurizer and said high pressure fluid being discharged at the output of the interface to produce said rapid reaction force to be controlled by the counterforce exerted on the interface,

said rapid reaction force being generated by the discharge of the high pressure fluid at the output of the interface unit wherein said discharge is controllable.

33. (New) The training device of Claim 32 wherein the rate of the flow of fluid can be controlled.

34. (New) The training device of Claim 32 wherein the direction of fluid discharge can be controlled.

35. (New) The training device of Claim 32 wherein the rapid reactionary force mimics the athletic forces encountered by linemen playing American football.

36. (New) The training device of Claim 32 wherein the interface is positioned on an overhead support mechanism that allows free movement of the interface unit along a horizontal plane.

37. (New) A method of athletic training comprising the steps of:

- providing an interface unit having an input and an output,
- pressurizing a fluid with a pressurizer having an input and an output, said output
- providing a high pressure fluid to the input of the interface unit,
- discharging the high pressure fluid at the output of the interface unit in a
- controlled manner to create a rapid reactionary force; and
- manipulating the interface unit with a portion of an athlete's body to control the
- rapid reactionary force with a counterforce.

38. (New) The method of Claim 37 wherein the rate of the flow of fluid can be controlled.

39. (New) The method of Claim 37 wherein the direction of fluid discharge can be controlled.

40. (New) The method of Claim 37 wherein the interface is positioned on an overhead support mechanism that allows free movement of the interface unit along a horizontal plane.